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Irish Beef and Irish Lamb

... simple, speedy & special



20 RECIPES FOR ALL OCCASIONS FROM CBF – IRISH LIVESTOCK & MEAT BOARD

Introduction

Welcome to our second booklet in the present series. This time we are concentrating on beef and lamb dishes for most occasions, starting with simple mid-week dishes like the ever popular Spaghetti Bolognese. The bolognese sauce is also used to make up some delicious home-made Stuffed Pancakes and Italian Cottage Pie. And for something to make a nice change mid-week, try Curried Kidneys or Stuffed Peppers. These are all simple to prepare and taste really delicious.

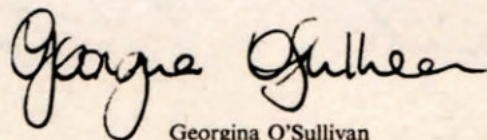
Then on to the Speedy section where we recommend making your own American Hamburgers or Beef and Vegetables Chinese Style which requires very little cooking and just a bit of chopping! There are also some recipes for liver which is lovely for quick nutritious meals.

We finish with something Special, eating out is expensive and now more and more people are cooking for their friends at home and actually enjoying it. Try Roast Rack of Lamb with Rosemary for Sunday lunch or Lamb Sauté with Herbs which could be prepared in advance, reheated at the last moment and served up with a minimum of fuss. Ideal for parties is Beef Stroganoff or the popular Peppered Steak for steak lovers.

I've also included some tasty ways to use up leftovers, Lamb and Pineapple Coleslaw with hot Garlic Bread or Spicy Rissoles with fresh Tomato Sauce. Most important when you serve Beef and Lamb you are serving the best in nutritional value, both are excellent sources of first-class protein, minerals and vitamins and when you buy Irish beef and lamb you are also supporting our most valuable industry.

I hope you enjoy using the booklet.

If you would like more information or details of our demonstration services, please write to me at CBF – Irish Livestock and Meat Board, Clanwilliam Court, Lower Mount Street, Dublin 2. Telephone: (01) 685155.



Georgina O'Sullivan

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